



NEW SIX-WEEK SESSION!

Diabetes SELF-MANAGEMENT Workshop



Please register early. Classes that do not have sufficient enrollment will be canceled.

Diabetes Self-Management Workshop

Seward Civic Center
616 Bradford St., Seward
Mondays, 2 to 4 p.m.
July 9 through August 13

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes including:

- What to eat and when to exercise.
- Monitoring your blood sugar.
- Foot care.
- Communicating with family and your health care provider.
- Low and high blood sugar.
- Tips for dealing with stress.
- How to set small and achievable goals.
- Overview of relaxation techniques.
- How to increase your self-confidence.
- Feel better and take charge.

This workshop is offered at no cost, but a suggested contribution of \$4 per class is appreciated!

**To register, call Kathy at 402-761-3593 or
call Aging Partners Health and Fitness at 402-441-7575.**